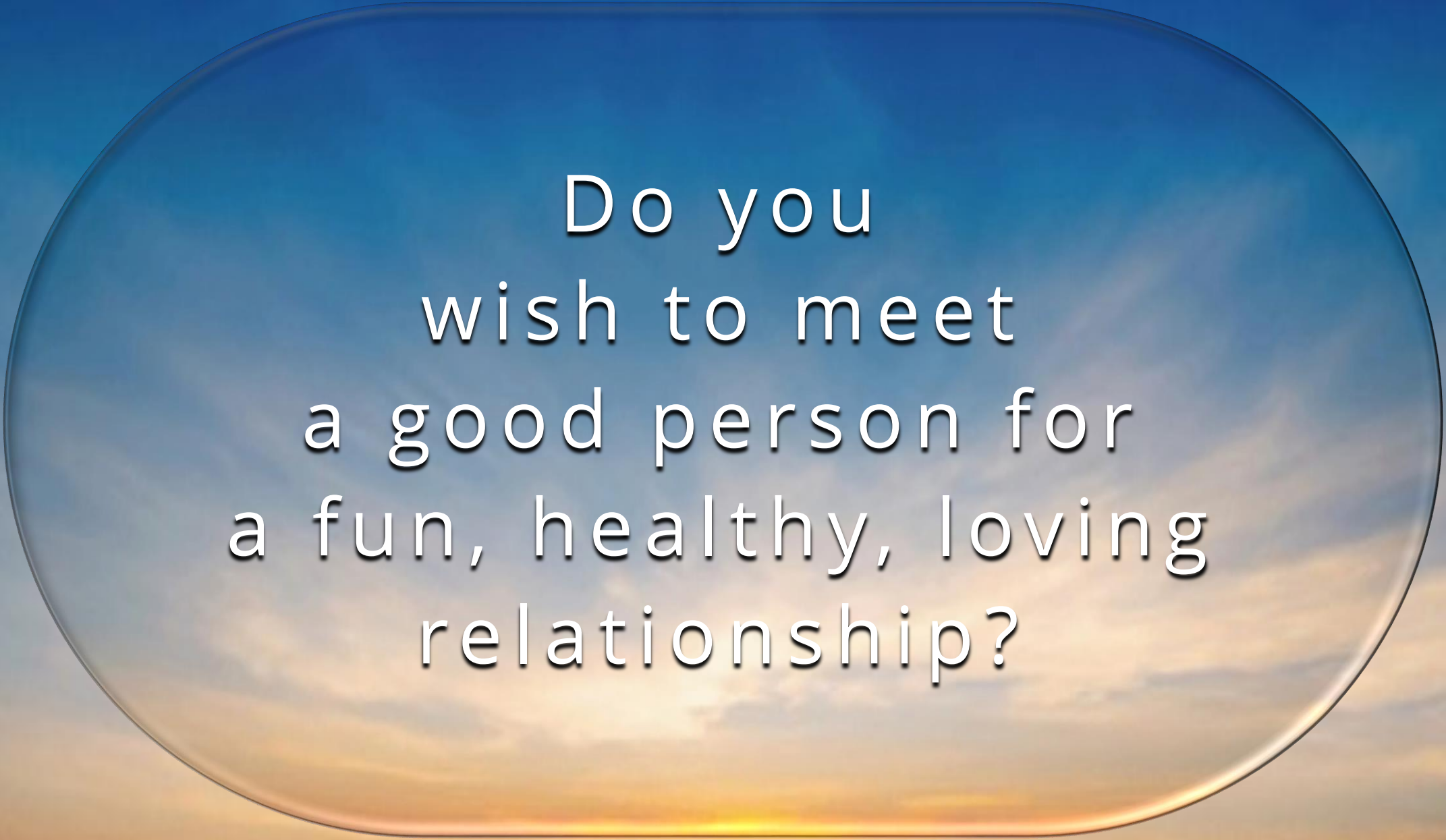
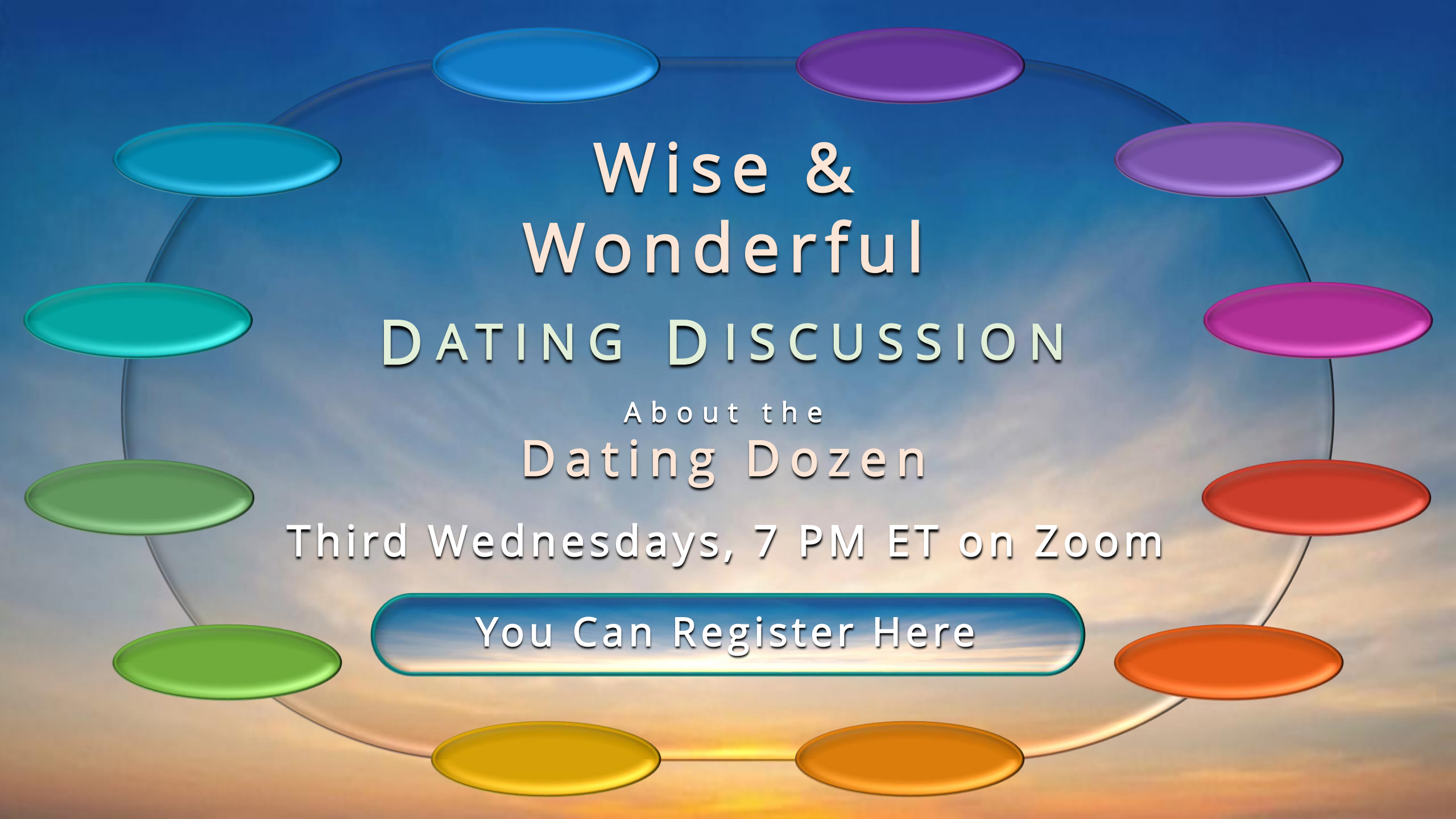






Do you
wish to meet
a good person for
a fun, healthy, loving
relationship?



Wise & Wonderful DATING DISCUSSION

About the
Dating Dozen

Third Wednesdays, 7 PM ET on Zoom

You Can Register Here

Introduction

Wise & Wonderful ~ Dating Discussion



Dear Friend,

The **Wise & Wonderful Dating Discussion** program provides a monthly program for people seeing a healthy, loving relationship.

It provides a program of ideas, skills, and tips for people seeking to find a good person to relate to and love.

It also provides a daily practice for people to sustain a healthy way of living in a confusing and addiction-prone society.

The daily practice is based on cultivating The 7 Traits of Mind, Emotions & Behavior of Clarity, Serenity, Self-Kindness, Self-Care, Simplicity, and Gratitude.

Becoming a **Wise & Wonderful Dating Discussion Member** you have access to the Digital Book, 12 Monthly Programs on Zoom, and the Annual Wise & Wonderful Date-A-Thon Discussion Day for only \$25.

Wishing you pleasant dating,
Sandy Hinden



Invitation

Wise & Wonderful ~ Dating Discussion

Wise & Wonderful Dating Discussion Membership



The Daily Practice

Cultivating the 7 Traits of Mind, Emotions & Behavior
Clarity, Mindfulness, Serenity, Self-Kindness,
Self-Care, Simplicity & Gratitude.

Access to the

Wise & Wonderful Digital Book

12 Monthly Programs on Zoom

Annual Wise & Wonderful Date-A-Thon Discussion Day

**All for Only
\$25.**

Wise & Wonderful ~ Dating Discussion Introduction



It would be great if you could help us
get the word out to good people.

Please share this with friends.

As you know, a dating obstacle
can be meeting good people.

The purpose of our online

Wise & Wonderful Dating Discussion

is to create a Conversation Circle for good people
to explore dating and relating feelings, needs,
issues, concerns, skills, and tips.

Wise & Wonderful ~ Dating Discussion Introduction



Some organizations provide conversation groups for dating beginners or for people going through grief, separation, or divorce.

Our group is for people with more relationship experiences who are hoping to meet good people.

The first session is free.

If you like what you hear, access to the Digital Book, 12 Monthly Programs on Zoom, and the Annual Wise & Wonderful Date-A-Thon Discussion Day is only \$25.

Wise & Wonderful ~ Dating Discussion Introduction

You are enthusiastically invited to our gatherings.

**Feel free to invite friends to join us
and make new friends.**

**We meet monthly,
on the third Wednesday,
7:00 PM, ET on Zoom.**

**After registering, you will
receive a confirmation email
with information about joining us for**

Wise & Wonderful Dating Discussion





Our Meeting Format

Wise & Wonderful ~ Dating Discussion

Our Meeting Format

1

Introduction

- Your name and two good qualities about you
- 30 seconds each

2

- Share something you discovered this month you enjoyed or appreciated
- 30 seconds each

3

- This month's topic on a concept, skill, or tip
- 10 minutes

4

- Feelings, needs, issues, concerns
- up to 2 minutes each

5

- Something light-hearted

6

- Announcements
- 30 seconds each

7

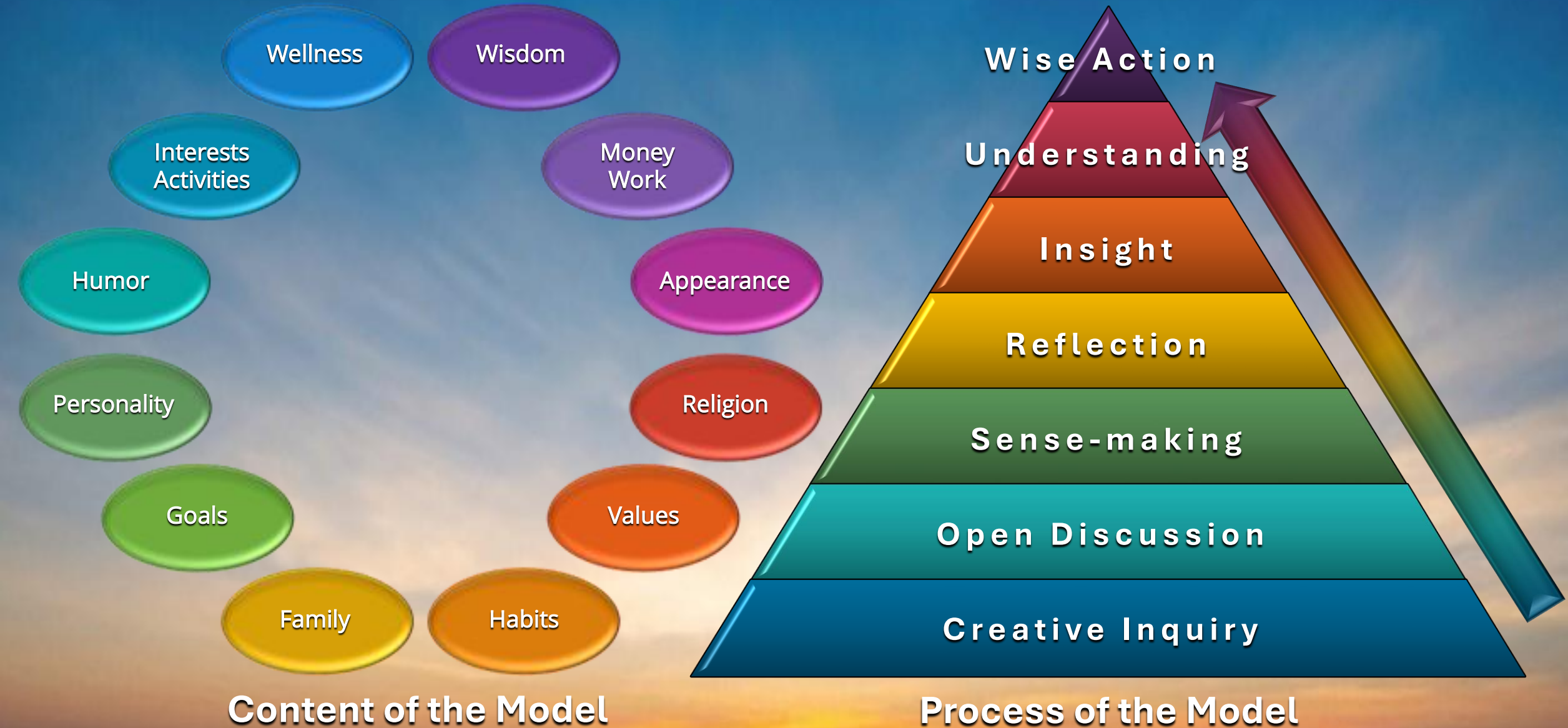
- Closing: How are you feeling now
- one word each



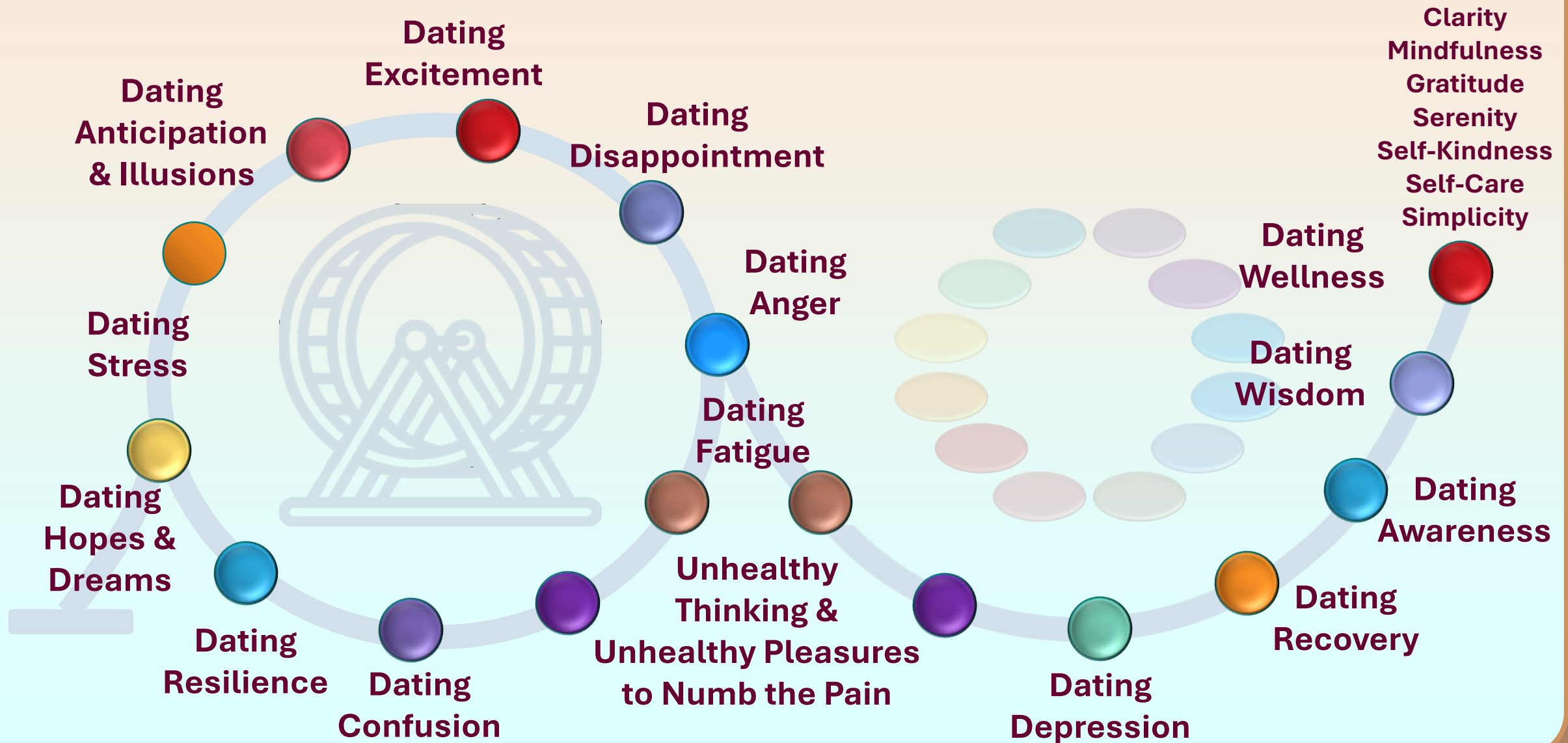


Our Program

Our Sensemaking Model for Dating



The Dating Cycle & Wellness Curve



Using Sensemaking for Dating



- **Dating can be confusing because reality has become more complex in the past 100 years.**
- **We live in an addiction-generating society.**
- **Social media is making people highly intense and highly competitive as people become addicted to attention seeking.**
- **We use Sensemaking for Dating in the Wise & Wonderful Dating Discussion program to understand what is occurring in the wider world that is affecting the dating world.**

The Addiction-Generating Society

Obsessive Thinking, Addictive Behavior, Unhealthy Pleasures, Binging to Numb the Pain



Excess Food
Alcohol, Drugs



Gaming

Aggressive Driving

Sex, Pornography

Money, Success



Shopping, Spending

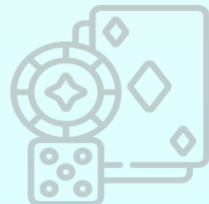
Gambling, Betting, Day Trading

Power, Violence, Guns, War



Aggressive Politics

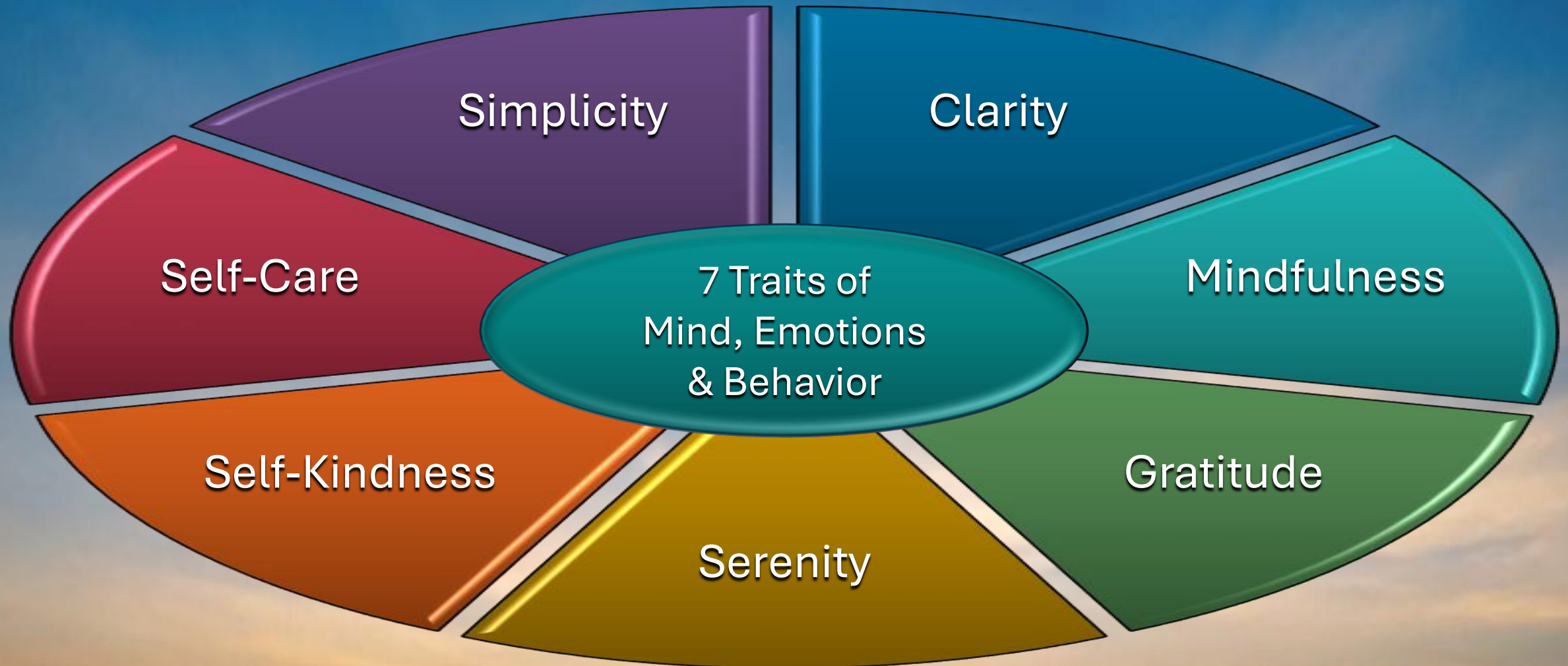
Conflict Media



Dating Wisdom & Dating Wellness

Feeling Well	Practice ways to keep yourself feeling positive
Self-Love & Self-Care	Be in a healthy, loving relationship with yourself
Whole & Real	Be your whole self, real, authentic self
Clarity	Be clear about your intentions, preferences and goals
Compassionate Communication	Enhance your compassionate communication skills in dating and building deeply fulfilling relationships
Alignment	Connect with people you are aligned with
Beneficial	Know when someone is truly beneficial for you

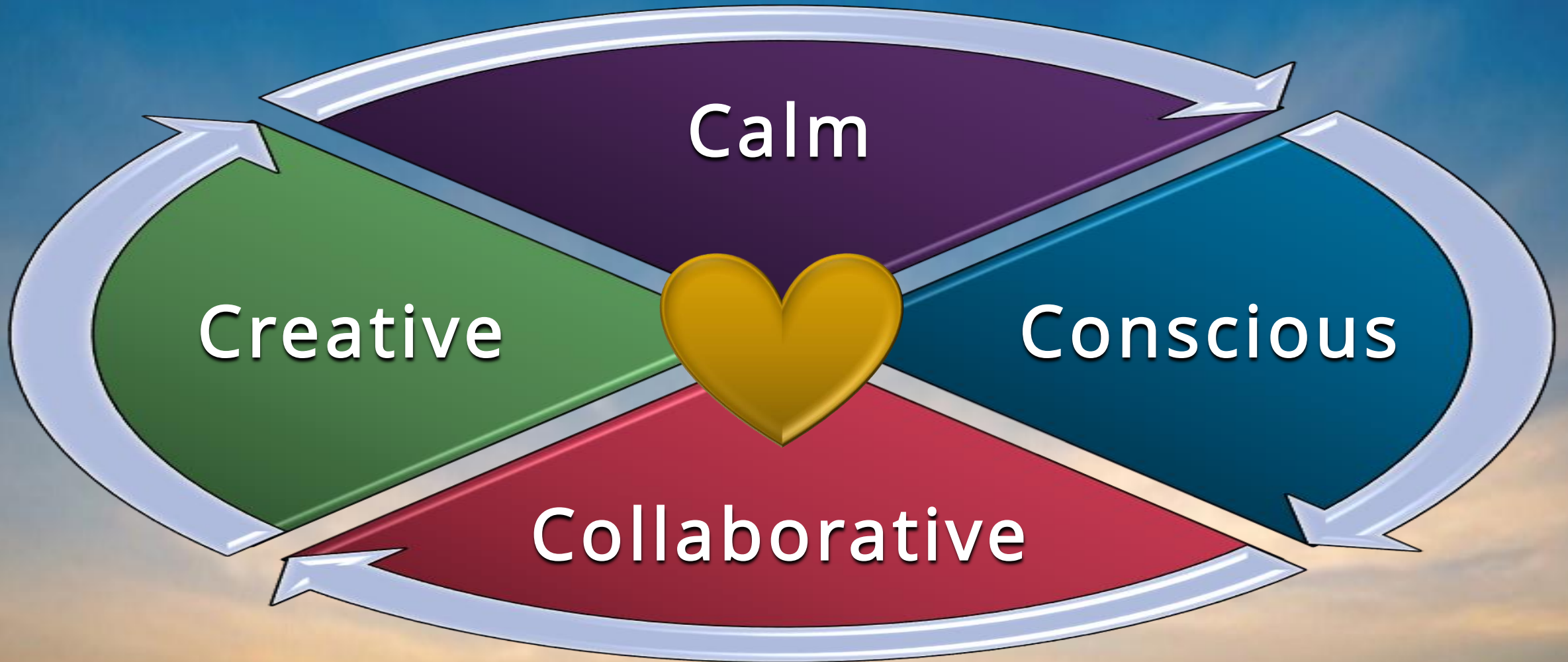
The Daily Practice



The Daily Practice – 7 Traits

Mind	Clarity
	Mindfulness
Emotions	Gratitude
	Serenity
	Self-Kindness
Behavior	Self Care
	Simplicity

Dating Wisdom & Dating Wellness



M o n d a y	Mindfulness	From moment to moment, hour to hour, I gently notice what is going on within me and around me without attachment
T u e s d a y	Serenity Peace	I am serene and peaceful
W e d n e s d a y	Self-Compassion Self-Kindness	I am compassionate and kind with myself
T h u r s d a y	Forgiveness	I forgive myself with dignity
F r i d a y	Self-Appreciation Gratitude	I appreciate myself and validate my good qualities I live simply with gratitude and appreciation
S a t u r d a y	Wisdom	I meditate and ask my inner wisdom a question, and quietly listen for an answer
S u n d a y	Wellness	I do what is good for me and healthy for me I experience wellness

The background of the image is a sunset sky. The sun is low on the horizon, creating a bright orange and yellow glow that fades into a deep blue at the top. There are wispy clouds scattered across the sky. In the center of the image is a large, rounded rectangular frame with a thin black border. Inside this frame, the words "Questions" and "Concepts" are written in a white, sans-serif font, stacked vertically.

Questions Concepts

Wise & Wonderful ~ Dating Discussion

Feelings	Needs	Issues	Concerns	Skills	Tips
				Communication Self- compassion Self-kindness Self-appreciation Wellness Mindfulness Awareness Serenity Peace Calmness Gratitude Appreciation	

Dating Discussion Questions



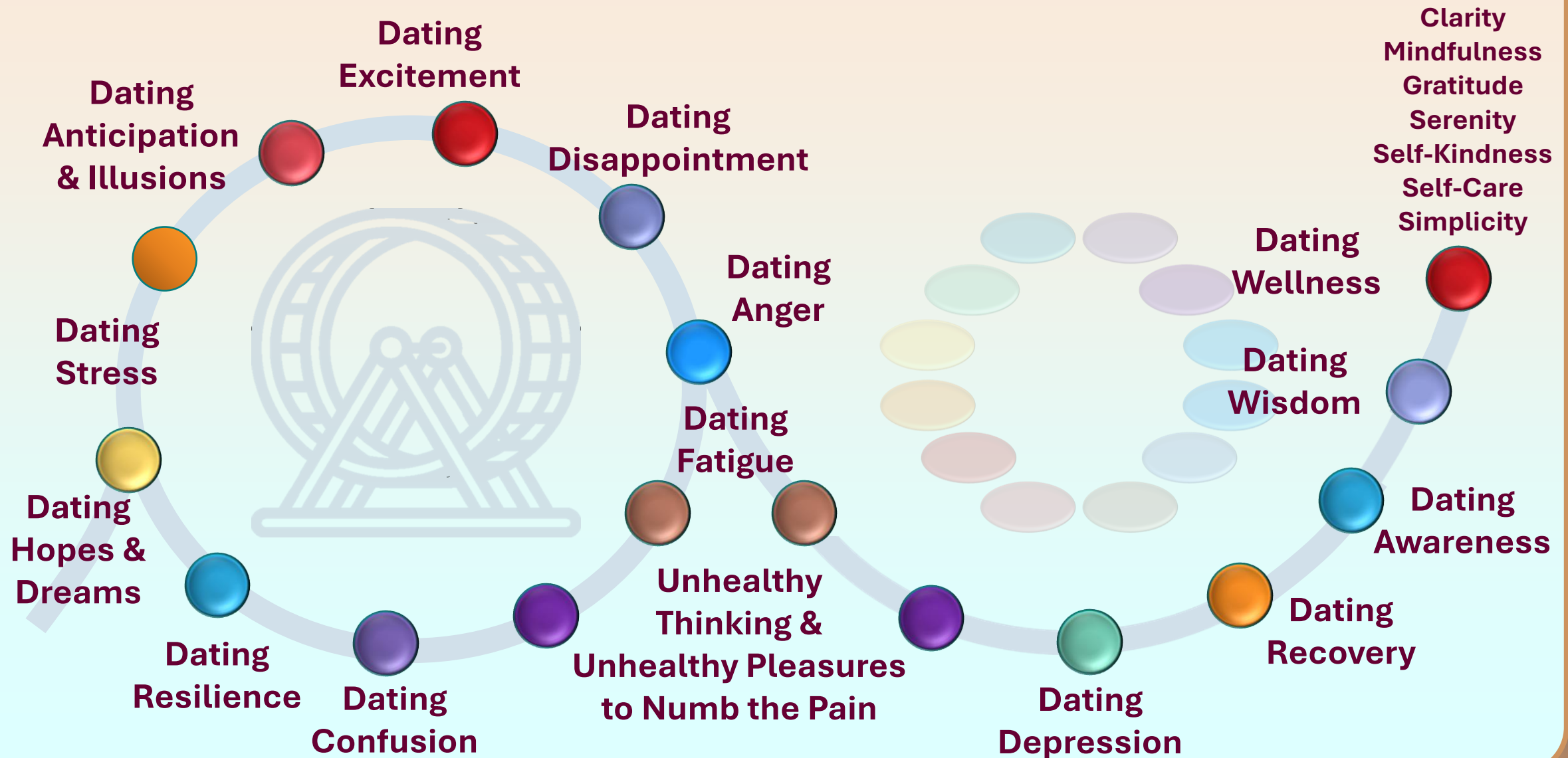
**Questions for the online dating discussion group
to spark conversation and engagement:**

**These questions can help generate
meaningful conversations, share experiences,
and offer advice within the group.**

The image features a large, solid blue oval centered on a background of a sunset or sunrise sky. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon, with soft, wispy clouds. Inside the blue oval, the word "Wellness" is written in a clean, white, sans-serif font.

Wellness

The Dating Cycle & Wellness Curve



The Addiction-Generating Society

Obsessive Thinking, Addictive Behavior, Unhealthy Pleasures, Binging to Numb the Pain



Excess Food
Alcohol, Drugs



Gaming

Aggressive Driving

Sex, Pornography

Money, Success



Shopping, Spending

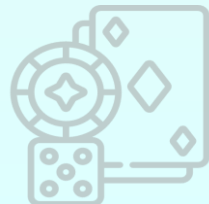
Gambling, Betting, Day Trading

Power, Violence, Guns, War

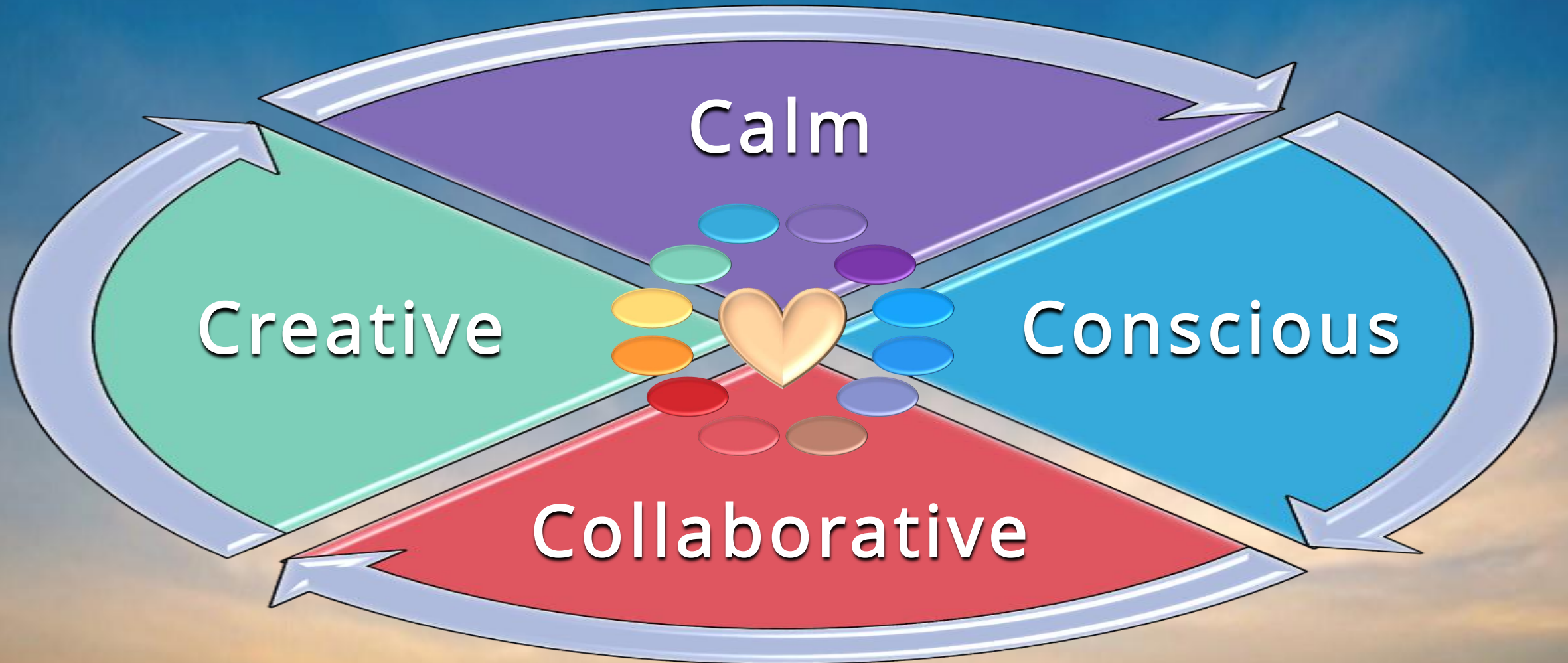


Aggressive Politics

Conflict Media



Dating Wisdom & Dating Wellness



Dating Wisdom & Dating Wellness

Feeling Well	Practice ways to keep yourself feeling positive
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Whole & Real	Be your whole self, real, authentic self
Clarity	Be clear about your intentions, preferences and goals
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The Wellness Dating Creed



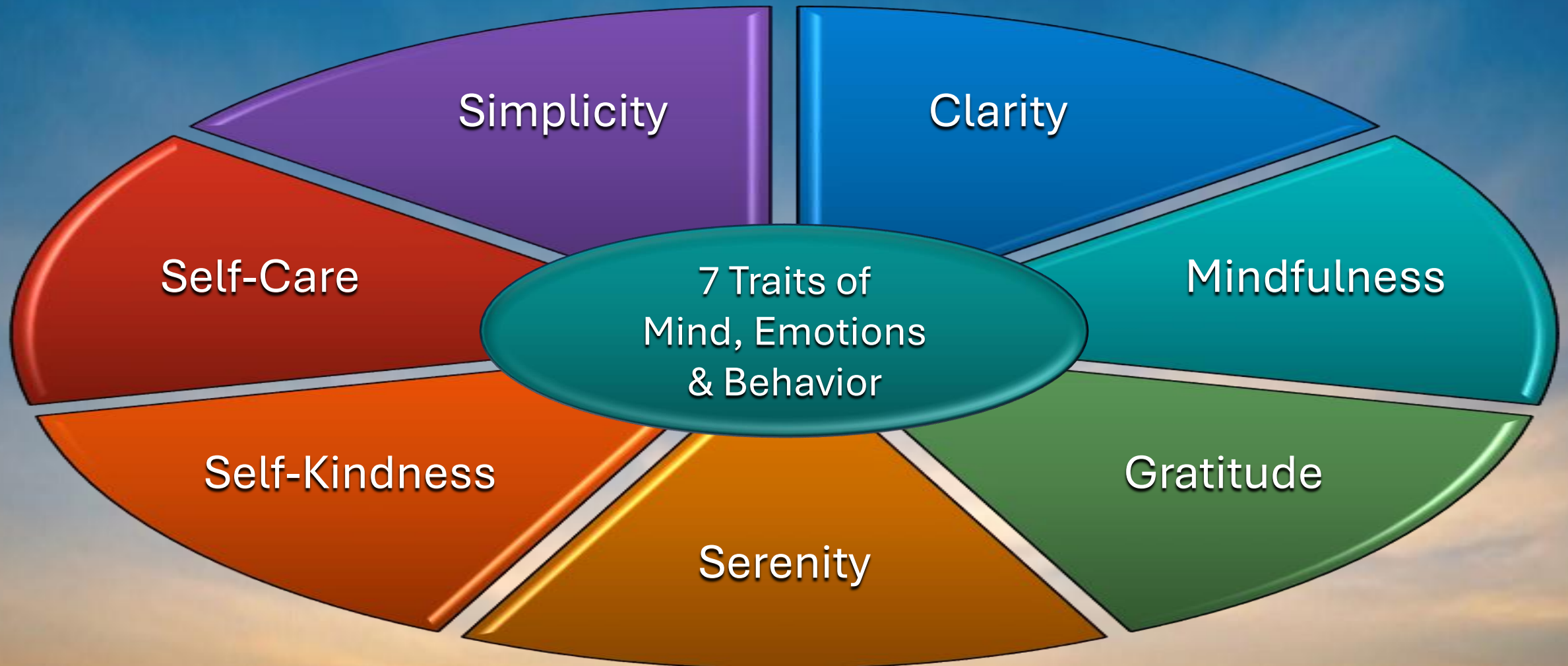
I honor myself

**Whatever happens, I treat myself
with self-appreciation, self-compassion,
self-kindness, and self-care, each day**

I am open to unforeseen possibilities and serendipity
– to beneficial and pleasant chance occurrences

**I am appreciative and grateful
to be alive and for my life's blessings**

The Daily Practice



The Daily Practice – 7 Traits

Mind	Clarity
	Mindfulness
Emotions	Gratitude
	Serenity
	Self-Kindness
Behavior	Self Care
	Simplicity

Emotionally Impaired Dating



1. Emotions and Dating

Keeping one's emotions in check is part of leading a healthy life, but doing so isn't always possible. Anger, sadness, joy, excitement, frustration, fatigue, and stress are just some of the emotions that can cloud our judgment, blur our focus, and reduce our ability to respond safely and rationally to our surroundings. These emotions can cloud our judgment, and we don't realize that our dating ability has become impaired.

2. Careless Dating without due care and attention and/or without reasonable consideration for other persons.

3. Angry Dating

4. Stressful Dating Situations

5. Just Stay Calm!

6. Dealing with Dating Disapontment

Wellness Dating Discussion Questions



- 1. How do you handle first-date nerves?**
- 2. What role do you think communication plays in a relationship?**
- 3. How do you and your partner resolve conflicts?**

Angry Dating From Past Blocked Love



Self-Serving Bias

**is when daters justify their own maneuvers
but criticize others for similar actions.**

Aggressive Dating

- 1. Lack of Dating Courtesy**
- 2. Breaking the Dating Rules**
- 3. Angry Dating**
- 4. The Goal of Love Blocked Again Leads To**
- 5. Dating Rage or Dating Depression**

Angry Dating From Past Blocked Love



- 1. When you let things get the best of you, they can rob you of the energy you need for the more important things in your life.**
- 2. Think about it: if you're angry, you're not thinking straight. You actually surrender control of your emotions to another person or circumstance.**
- 3. You are at risk of making a wrong decision.**
- 4. At one time or another, we all have the potential to become angry.**

Angry Dating From Past Blocked Love



5. The first step in solving the problem is realizing it can happen to you. You need to acknowledge, witness, and modify your attitude and behavior
6. Stay Calm → Be Mindful → Modify Attitude & Behavior
7. It's all about attitude. Stay calm and safe on the Dating Road of Life.
8. It's much better to laugh at other people's bad behavior than to get angry about it.
9. Don't let someone ruin your day or life.
10. You can't control them, but you can control you!

A large, solid purple oval is centered on the page. Inside the oval, the word "Wisdom" is written in a white, sans-serif font. The background of the entire image is a sky with soft, wispy clouds, transitioning from a deep blue at the top to a warm orange and yellow at the bottom, suggesting a sunset or sunrise.

Wisdom

Wisdom Dating Discussion Questions



- 1. What's the most important lesson you've learned from past relationships?**
- 2. What's the best date you've ever been on and why?**
- 3. What are some red flags you look out for on a date?**



Money Work

Money - Work Dating Discussion Questions



1. How do you define a successful relationship?

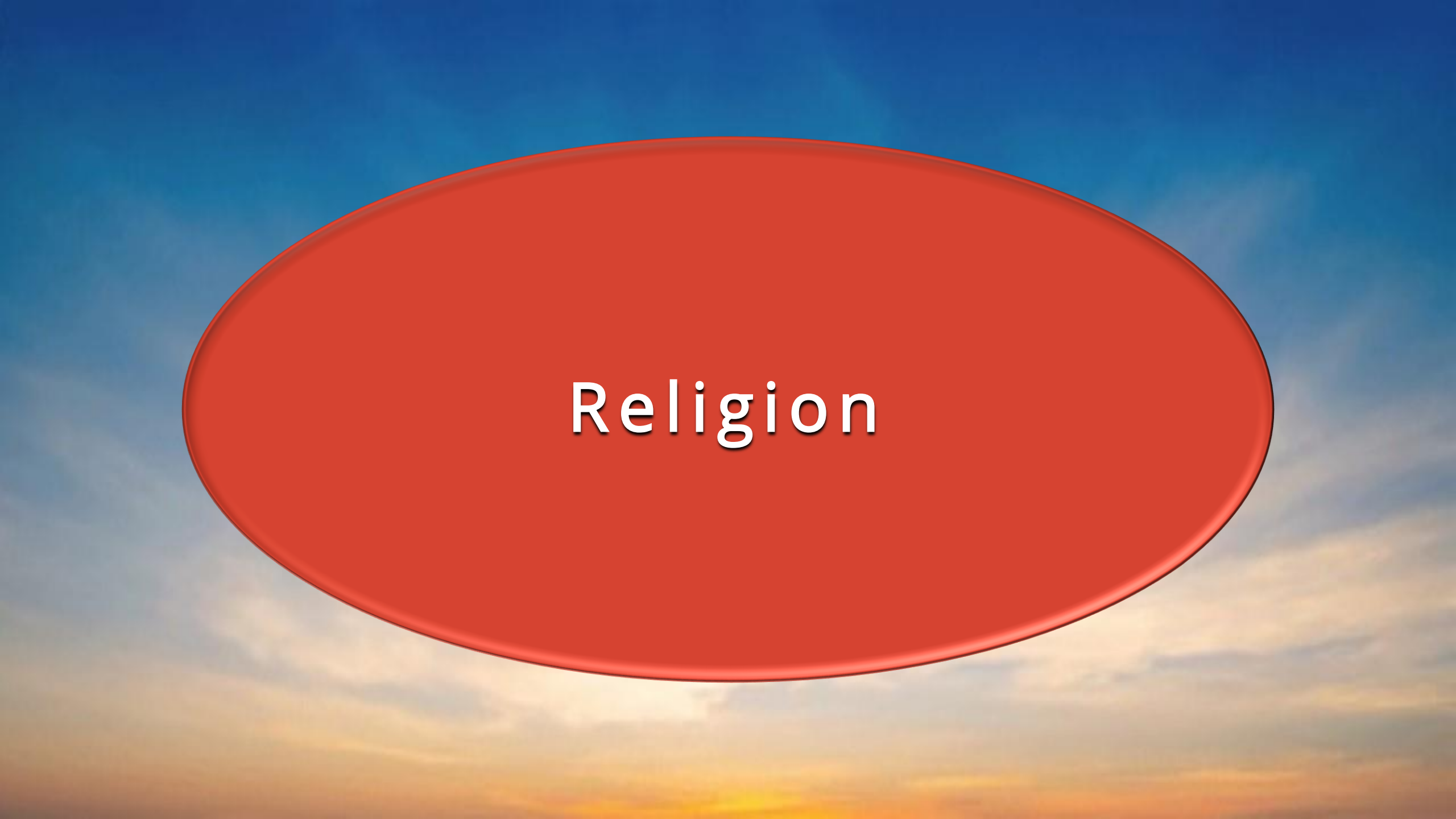
A large, horizontal pink oval is centered on the page. Inside the oval, the word "Appearance" is written in a white, sans-serif font. The background of the entire image is a sky with a gradient from deep blue at the top to orange and yellow at the bottom, with some light clouds visible.

Appearance

Appearance Dating Discussion Questions



1. 1

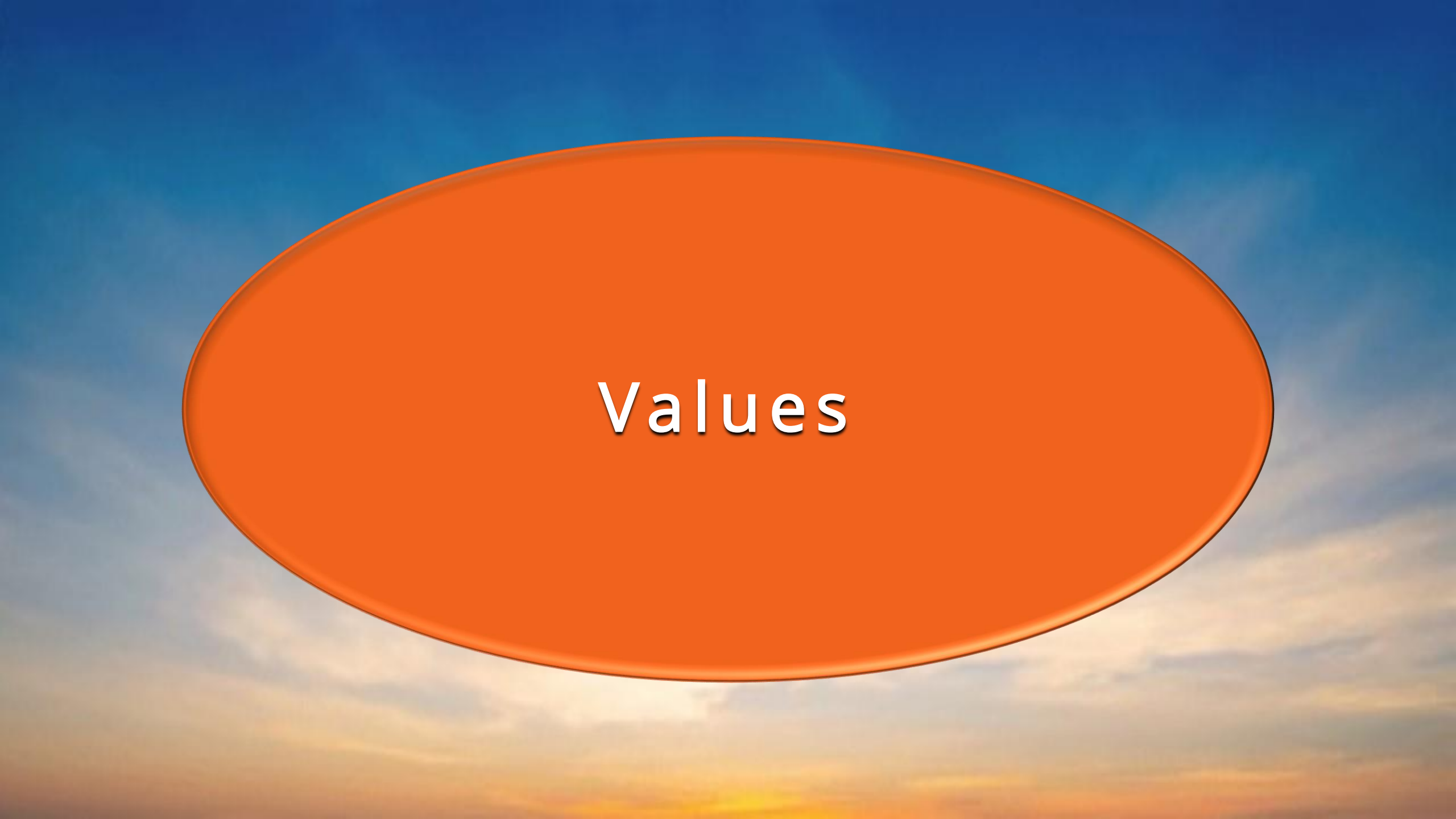


Religion

Religion Dating Discussion Questions



1. 1.

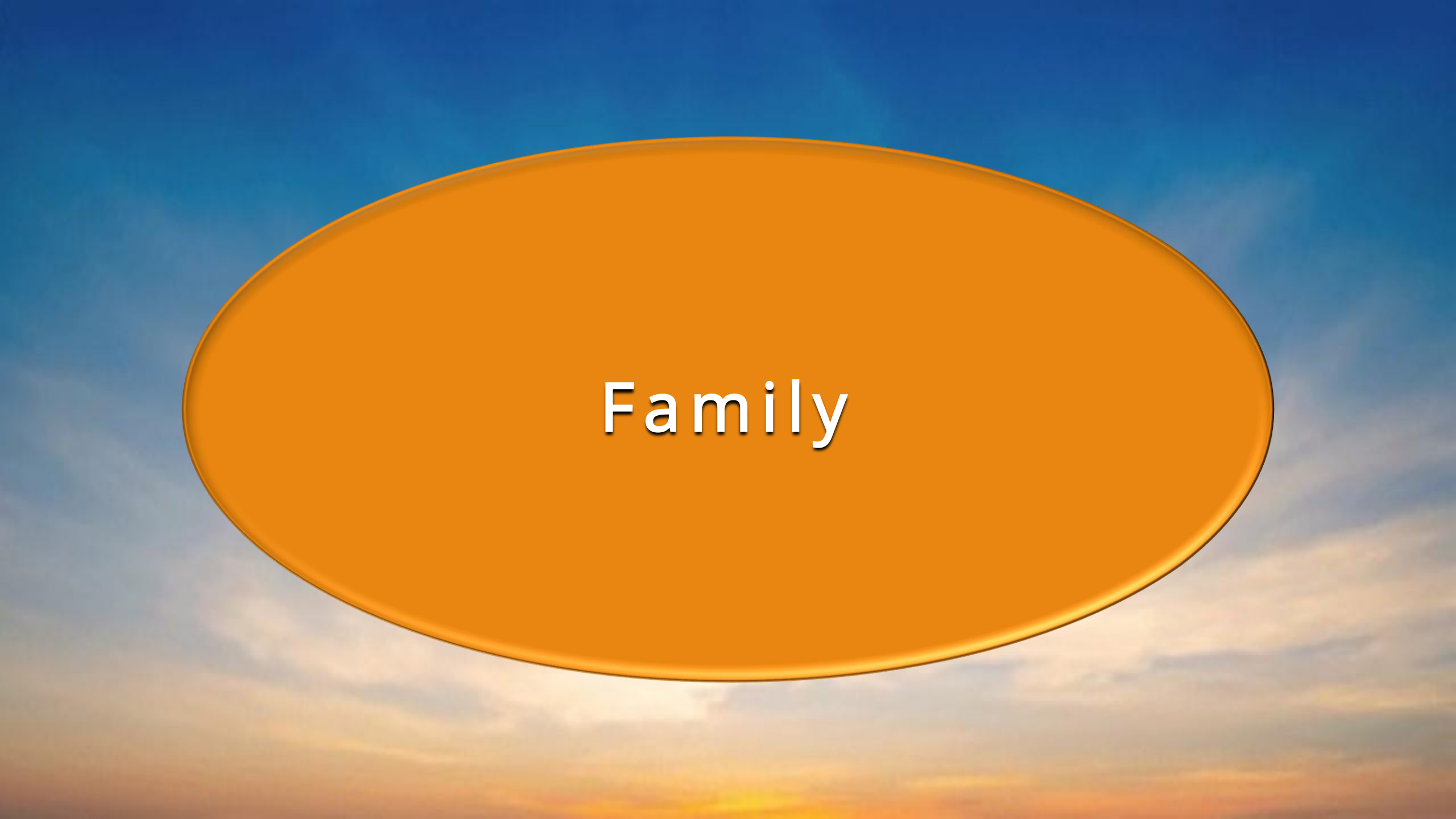


Values

Values Dating Discussion Questions



- 1. Do you prefer spontaneous dates or planned ones?**
- 2. What's your ideal first date?**
- 3. How important are shared values in a relationship?**
- 4. What's a deal-breaker for you in a relationship?**
- 5. What qualities do you value most in a partner?**
- 6. How important is having shared interests in a relationship?**
- 7. What's your favorite way to spend a weekend with a partner?**
- 8. How do you balance personal time and relationship time?**

The image features a large, horizontal orange oval with a slight gradient and a thin black outline. Inside the oval, the word "Family" is written in a white, serif font. The background of the entire image is a sky at sunset or sunrise, with a gradient from deep blue at the top to warm orange and yellow near the bottom, where some wispy clouds are visible.

Family

Family Dating Discussion Questions



1. 1

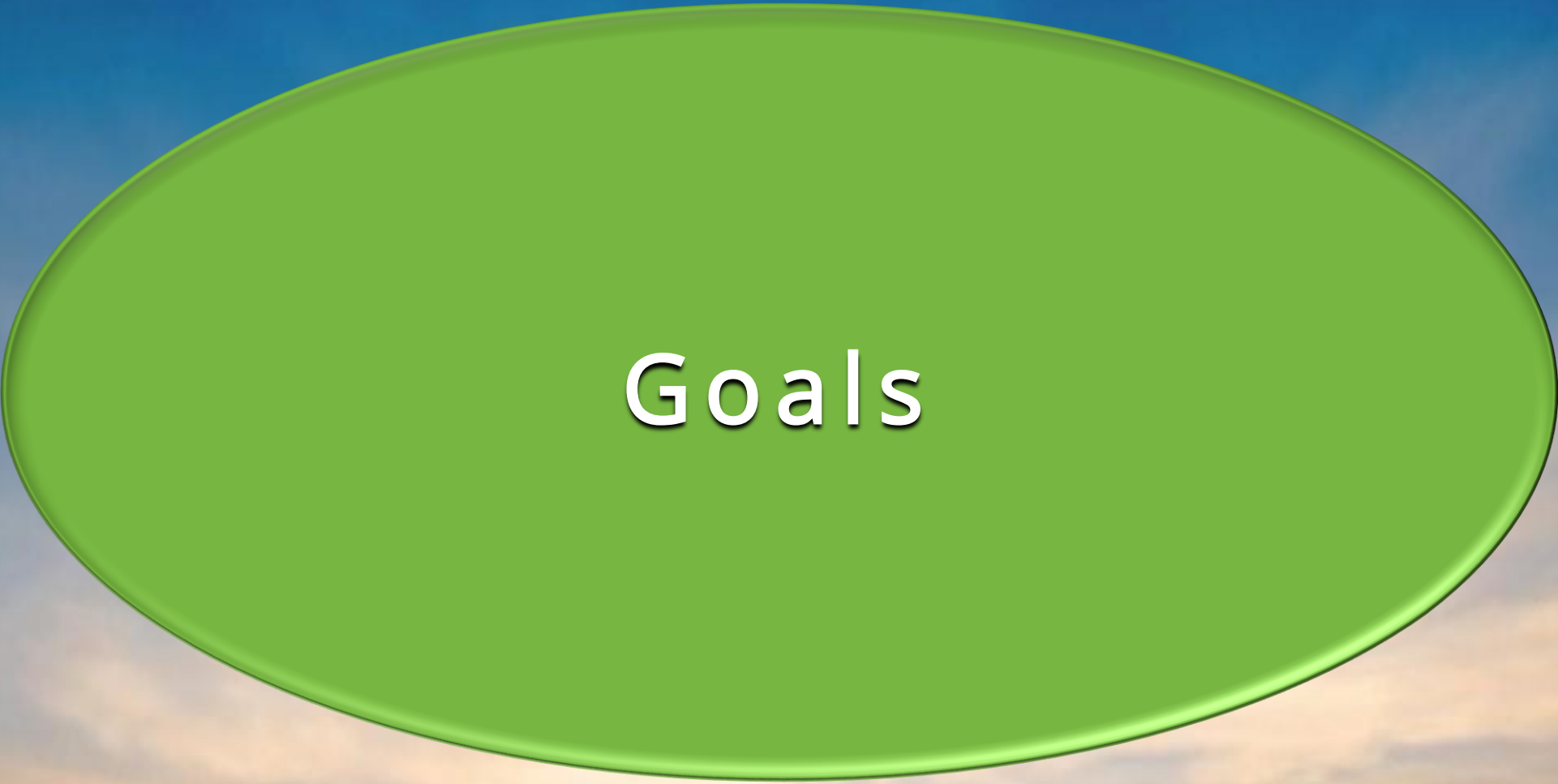


Habits

Interests - Activities Dating Discussion Questions



1. 1



Goals

Goals Dating Discussion Questions



Future Aspirations

- 1. Where do you see yourself in five years, relationship-wise?**
- 2. How important is marriage to you?**
- 3. Do you want to have children in the future?**
- 4. How do you and your partner support each other's personal goals?**



Personality

Personality Dating Discussion Questions



Online Dating Specific

- 1. What's your go-to opening line in online dating?**
- 2. How do you keep your online dating profile interesting?**
- 3. What are some dos and don'ts of online dating?**
- 4. How do you maintain safety while dating online?**



Humor

Humor Dating Discussion Questions



Fun and Lighthearted

1. What's the most romantic thing someone has done for you?
2. If you could go on a date with any celebrity, who would it be and why?
3. What's your favorite romantic movie or book?
4. What's your favorite love song?



Interests
Activities

Interests - Activities Dating Discussion Questions



1. 1

Interests - Activities Dating Discussion Questions



1. 1

The background is a vibrant sunset sky with a gradient from deep blue at the top to bright orange and yellow at the bottom. A large, rounded rectangular frame with a thin black border is centered in the image. Inside this frame, the text "Compassionate Dating Conversation Circle" is written in a white, sans-serif font with a subtle drop shadow.

Compassionate Dating Conversation Circle

Compassionate Dating Conversation Circle Benefits & Needs Fulfilled



Participating in an online
Compassionate Dating Conversation Circle
focused on learning about dating
can address various benefits and needs:

1. Connection and Empathy
2. Learning and Growth
3. Self-Expression and Validation
4. Support and Guidance
5. Safety and Non-Judgment
6. Belonging and Community
7. Clarity and Insight

Compassionate Dating Conversation Circle

Benefits & Needs Fulfilled



Engaging in an online Compassionate Dating Discussion Circle centered on dating can fulfill a range of benefits and needs.

1. **Connection and Empathy:** Engaging in a Conversation Circle fosters a sense of connection with others who share similar interests or concerns about dating. It creates a space for empathetic listening and mutual support, meeting the need for emotional connection and understanding.
2. **Learning and Growth:** The circle provides an opportunity to gain new insights and skills related to dating. Exploring feelings, needs, issues, concerns, and tips can support personal growth and development, meeting the need for learning and self-improvement.

Compassionate Dating Conversation Circle Benefits & Needs Fulfilled



3. **Self-Expression and Validation:** Sharing experiences and discussing dating-related topics allows participants to express their thoughts and feelings. This can lead to validation and recognition from others, fulfilling the need for self-expression and acceptance.
4. **Support and Guidance:** The conversation can offer practical advice and support regarding dating challenges. This can address the need for guidance and assistance, helping individuals navigate their dating experiences more effectively.
5. **Safety and Non-Judgment:** A structured, compassionate environment allows participants to explore sensitive topics related to dating without fear of judgment. This meets the need for safety and a non-judgmental space where individuals can openly share and receive feedback.

Compassionate Dating Conversation Circle Benefits & Needs Fulfilled



6. **Belonging and Community:** Being part of a Conversation Circle can create a sense of belonging to a community with shared interests and goals. This helps meet the need for social connection and a sense of being part of something larger than oneself.
7. **Clarity and Insight:** Discussing dating issues and concerns with others can provide new perspectives and insights. This helps in clarifying personal values, needs, and preferences, which supports the need for self-awareness and understanding.

Overall, participating in a Compassionate Dating Conversation Circle addresses needs for connection, learning, self-expression, support, safety, belonging, and clarity, contributing to a more enriched and balanced approach to dating and relationships.



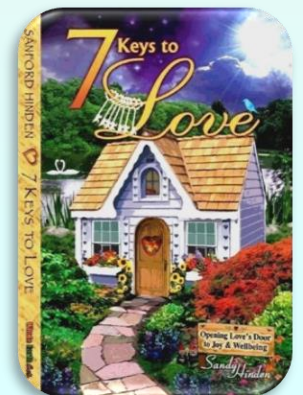
About

About



Sanford Hinden Educator, Author, Organizer

- Sandy provides programs for libraries and organizations in person and on Zoom in personal development, communications, relationships, and social and global development for peace and sustainability.
- He worked locally, nationally, and globally developing organizations, projects, and programs for peace, the environment, health, human services, education, and the arts. He helps seniors, adults, teens, and children reach their full potential and enjoy life more.
- Sandy was director of *Community Partners for Coordinated Services* for *Suffolk Community Council*, and executive director of the *Dix Hills Performing Arts Center*.
- He works on [Wisocracy](#) for wise democracy, wisdom, wellness, peace, and nature.
- In 2009 Sandy published [7 Keys to Love – Opening Love's Door to Joy & Wellbeing](#). He provides coaching in communication, relationships, habit change, and recovery.



References



“Sandy's whole-systems thinking is empowering and enlightening.
I would recommend any educational materials
he creates as of superior value.”

Meg Rivers

Senior Production Specialist at HBO / HBO Max

“Sanford Hinden is one of the most humane,
compassionate, loving human beings I have ever met.
He speaks and acts from deep wisdom about what people need –
and what the world needs now. I trust him and have
learned immensely from him.”

Ronald Gross

**Founder/Director, Conversations New York
Co-chair, University Seminar on Innovation,
Columbia University**



